2nd Breakout Session – Part 2 (Groups of 4 – combine 2 groups of 2) Role-Play Worksheet – Setting a Goal for an Overweight Child (front and back)

Practice helping a mom with an overweight child set a goal which will slow her child's weight gain and help her child become more proportional. Imagine you've used the 'Taking Off the Expert Hat" technique, and mom is not defensive or upset. She may even have asked you 'what can I do?'

- First, in your group of 4, circle one AI question and one MI question from those provided below to use in the role-play. Write them on the lines provided in the Sample Guide.
- Then, do a short role-play using the Sample Guide on the back of this sheet.

Al questions: Get mom talking about a success so she can feel more engaged and confident (Pick one and circle – then write in Sample Guide)

- 1. Tell me about one thing that is going really well with his eating.
- 2. Tell me one thing you're proud of related to his meals or snacks.
- 3. Tell me one thing you're doing to make sure (child's name) has an appetite at mealtime.
- 4. How about in the past, when (child's name) was more proportional.... What were you doing then that helped him be healthy?
- 5. There's no power like parent power! Tell me something he sees YOU do that's a good example for him (of eating healthy or being active).

MI Questions: Get mom to start talking about the change she wants to make (Pick one and circle – then write in the Sample Guide)

- 1. Is there anything (else) you might want to start doing to help (child's name) become more proportional?
- 2. Is there anything that isn't going as well (as the thing she just told you about) that you'd like some help with ... perhaps that will slow his weight gain?
- 3. What do you think you could start doing so that his weight gain slows so in a year or so his weight and height are more proportional?
- 4. I often see kids drinking lots of juice and other sweet drinks like pop. Or having LOTS of snacks all day. Some walk into the kitchen and get whatever they want from the refrigerator, whenever they want. Some watch TV or videos and aren't as active as kids should be. All of these can make kids gain weight too fast. Are any of these going on? On a 1-10 scale, with 10 being the most, how much do you want to stop (whatever she identified)?
- 5. You know there are so many ads on TV for sugary drinks and snacks. Can you think what you might do to increase active play and decrease TV time?

Turn sheet over to begin role-play using the Sample Guide.

Groups of 4 are needed: one WIC counselor, one WIC participant, and 2 observers who will listen and make observations after.

(Will still work if short 1 person – minimum # 3 people).

SAMPLE GUIDE: (Use during role play)

WIC staff:	(Al question you picked)
WIC participant: answer	
WIC staff: affirm in a way that amplifies mom's positive feeling	
WIC participant: answer with feeling! Role-play that you are feeling	g the pride and confidence
that comes with talking about success.	
WIC staff:	_ (MI question you picked)
WIC participant: answer	
WIC staff: choose either:	
1. "Why might you want to (mom's answer)?" OR	
2. "On a scale of 1-10, with 10 being the most, how much do you want to (mom's answer)?"	
WIC participant: answer	
WIC staff: (if you asked 1. above, continue with 1. here if you asked 2. above, ask 2. here)	
1. "Tell me more" or "Why does that matter to you?"	
2. "Why did you pick, and not a (lower number)?"	
WIC participant: answer with feeling! Role play that you are finding your motivation as you talk	
about why you want to make the change.	
WIC staff: reflect or summarize the goal; add an affirmation if you like!	
WIC participant: respond	
WIC staff : ask one or two Turbo Goal Setting questions to set mom up for success with her goal	
(Turbo Goal Setting: ask mom questions in the following areas - remembering, conversations,	
social support, first steps, barriers – see sample questions at the end if you're stuck)	

Observer 1: Notice if the WIC staff person waited 5 seconds after asking her questions so mom had time to think and feel. Did you get a sense that the WIC participant was feeling successful and proud, or were the questions too rushed? Did the affirmation amplify mom's positive feeling, or would you like to suggest a different affirmation? What other Turbo Goal Setting questions could the WIC counselor have asked? Suggest at least one more.

Observer 2: If the "Why might you want to..." question was asked... did the WIC participant give a personal reason or was it a very general, not very motivating one? Did the WIC counselor dig deeper and ask, "Why does it matter to you?" if a general answer was given? Can you think of a different reflection/summary that you'd like to share? Suggest one more possible Turbo Goal Setting question.

Reminder: Sample Turbo Goal Setting Questions:

- 1. Who's buying those snacks/drinks and bringing them into the house? Can you have a conversation with them about what to buy instead/ not bringing pop and bags of chips into the house?
- 2. What could you do keep the kids out of the refrigerator/kitchen for two hours before and after meals?
- 3. Should we talk about some ways to help your kids get used to drinking water when they're thirsty?
- 4. Is there a park near your home where you can take them to play? Would it be fun to go for a walk as a family after dinner? Will you need to set a limit on the amount of time the TV can be on?